

TEMESCAL CANYON TITANS FOOTBALL WORKOUTS

MONDAY

PLAYERS WITH ACCESS TO WEIGHTS

PARALLEL SQUATS (5 X 4 X 3 X 2 X 1)

BENCH (5 X 4 X 3 X 2 X 1)

TWISTING BICEP CURL (3 X 8)

MILITARY PRESS (2 X 10)

DB FLIES (3 X 8)

3-WAY LUNGE (2 X 6)

BURPEE SQUATS (3 X 10)

CORE

PLAYERS WITHOUT ACCESS TO WEIGHTS

COMPLETE 3 ROUNDS OF THESE EXERCISES.

SIDE TO SIDE LATERAL LUNGE (20 REPS)

TUCK JUMPS (20 REPS)

INWARD OBLIQUE MOUNTAIN CLIMBERS (20 REPS)

PLANK UPS (20 REPS)

SUMO SQUATS (20 REPS)